

Muscle Strengthening at the Gym (The Row)

(Dave Patania)

Denise will now work her back and arm muscles, using a machine called the row.

First, adjust the weights and then adjust the chest pad so that your hands can grasp the handles with your arms straight out in front of you. Sit with your feet firmly on the ground. Pull the weight straight back, making sure your chest stays flat on the chest pad.

A good way to think about doing this activity is to try and pinch your shoulder blades together when you pull the back and forth, and then repeat.